

## CLAIM

### Claim Number 1

What I claim as my invention is an instrument comprised of a long titanium and/or composite material rod. This long rod will have a magnified mirror attached at one end and an applicator tip, which will hold the applicator sponges, at the other end. This will provide the desperately needed ability for diabetic, arthritic, disabled, elderly and obese persons to self care for their medical and podiatric related conditions. My instrument will enable these same persons the ability to self examine and self medicate the tissues surrounding their feet, ankles and digits (toes) from a standing, sitting and/or lying position. My instrument will support the amount of pressure required for the user(s) to manually maneuver and manipulate the instrument rod for examination, dermabrasion, removal of tissue debris, sterilization, sanitation, as well as the application of prescribed medications and creams, sterilization liquids, over the counter medications and creams.

To check for ulcers and sores, diabetic persons must examine their feet and between their digits (toes) on a daily basis. To reach and bend down for an examination of the tops, sides and bottoms of the feet and digits (toes) can be an extremely difficult, if not impossible, process for these same persons, as well as arthritic, disabled, elderly and obese persons. The same reaching and bending problem exists when these same persons must remove tissue debris, sterilize, sanitize and/or medicate their feet, ankles and digits (toes).

From a distance, my inventions instrument rod will provide these same individuals, and all others, the ability to self examine the tissues surrounding their feet, ankles and the digits (toes) without any extensive reaching and/or bending. This self examination process can be performed solely through the use of my invention's extended instrument rod and the magnified glass mirror which is permanently attached, via soldered hinge, to one end of the instrument rod. The extended length of the instrument rod allows for the accurate positioning of the attached mirrored glass. The magnification of the mirrored glass allows the user(s) to visually inspect the medical, sterile and sanitary conditions of their feet, ankles and/or digits (toes).

From a distance, my inventions instrument rod will provide these same individuals, and all others, the ability for the sterilization, the medication, dermabrasion and the sanitation of their own feet, ankles and/or digits (toes). This process can be performed solely through the use of my invention's sponge applicators and the applicator tip which is permanently attached, via a soldered hinge, to the other end of the extended length of the instrument rod. I have invented the sponge applicators to be composed of a foam type sponge that will both absorb liquids from infections, for removal, and medications for application. In order to save money for the disabled, elderly and all others, I have invented these sponge applicators in a foam type sponge that is both washable and reusable.

For arthritic, elderly and all other persons, there is a soft rubber type grip placed in the center of the instrument rod, therefore, providing a non-slip, comfortable surface while

maneuvering this device. This soft rubber type grip has been centered on the instrument rod in order to provide the same non-slip, comfortable surface regardless of whether the mirrored glass or the applicator tip and sponge procedures are been used.

#### Claim Number 2

What I claim as my invention are foam sponge applicators, in two (2) different sizes, which are both absorbent, washable and designed exclusively to fit the applicator tip as described in claim 3. This claim will be known referred to and known as: applicator sponge. My sponge applicators, both sizes, are composed of a foam type sponge that will both absorb liquids from infections, for removal, and medications for application.

These two (2) sponge applicators are the same size in length, however, they differ in their diameter. The first sponge maintains a larger diameter and is used for the removal of tissue debris, dermabrasion, sanitation, sterilization and the application of medicines and creams on ulcers and sores located on the foot and ankles surfaces. The second sponge maintains an extremely narrow diameter and is used for the removal of tissue debris, dermabrasion, sanitation, sterilization and the application of medicines and creams on ulcers and sores located between the digits (toes) and on the bottom of the digits (toes).

These sponge applicators were invented to be easily placed and secured on “The Medical Foot Helper For Diabetic, Arthritic, Disabled, Elderly and Obese Persons”. In order to save money for the disabled, elderly and all others, I have invented these sponge applicators in a foam type sponge that is both washable and reusable.

### Claim Number 3

What I claim as my invention is a circular rod composed of titanium and/or composite material, approximately eight (8) inches in length, which was exclusively designed to hold in place and secure the applicator sponges, as stated in claim 2. This claim will be referred to and known as: applicator tip.

### Claim Number 4

What I claim as my invention is a magnified glass mirror, secured within a hinged frame and attached to end of the long titanium and/or composite material rod, which I invented to exclusively fit my invention entitled “The Medical Foot Helper For Diabetic, Arthritic, Disabled, Elderly and Obese Persons”. This magnified glass mirror is approximately 6” x 8” in size, contained in and surrounded by a frame which has been permanently soldered to an extended length rod.

The magnified glass mirror and frame, which is attached to an extended length of rod, enables the user(s) to visually inspect their feet, ankles and digits (toes) without having to reach and/or bend over.

This magnified glass mirror and frame, which is attached to an extended length of rod, enables the user(s) to visually inspect their feet, ankles and digits (toes) while in a standing, sitting and/or lying position.

This magnified glass mirror and frame, which is attached to an extended length of rod, enables the user(s) to detect both large and small ulcers, sores, cuts, tissue debris, sanitation needs and sterilization needs.